



Improving Health through Military Medical Technologies

Resource Overview

Advancements in military medical research, technology, and innovation have enhanced the health care experience for service members and their families. Some of the latest technological advancements include integrated solutions that deliver health care to service members anywhere at any time, through the use of mobile applications (apps). The apps highlighted below empower service members to take control of their own health.

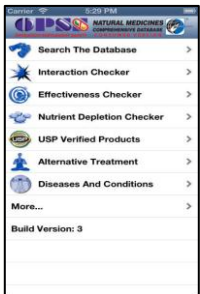
Navy Operational Fitness and Fueling Series (NOFFS)



The NOFFS training system is designed to provide the Navy with a "world-class" performance training resource for Sailors, as well as Navy health and fitness professionals. Using the latest sports science methodologies, the logic engine for NOFFS combines both human performance and injury prevention strategies, resulting in safer training while still yielding positive human performance outcomes. The NOFFS app provides the complete program in a convenient format that is readily accessible and portable, allowing Sailors to maintain peak physical readiness condition regardless of their environment or location.

The NOFFS app is available for download in the [iTunes](#) store for Apple devices. Click [here](#) for more information about the NOFFS training system.

Operation Supplement Safety (OPSS)



OPSS is a joint military initiative between the Human Performance Resource Center (HPRC) and the Department of Defense (DoD) to educate service members and retirees, their family members, leaders, healthcare providers, and DoD clinicians about dietary supplements and how to choose them wisely. The OPSS and Natural Data app provides:

- Dietary supplement safety and effectiveness ratings.
- Interaction ratings between drugs and natural medicines, known as "adverse reactions."
- Effectiveness ratings for natural medicines by medical condition and more.

The OPSS and Natural Data app is available on Android and Apple devices in the [Google](#) and [iTunes](#) stores. Click [here](#) for more information about the app.

LifeArmor



The LifeArmor app is intended to provide information, assessment, and self-management tools for mental health problems common to the military community. The app allows the user to browse information on 17 topics including sleep, depression, relationship issues, and post-traumatic stress.

The LifeArmor app is available on Android and Apple devices in the [Google](#) and [iTunes](#) stores. Click [here](#) for more information on the LifeArmor app.

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